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TMI LCN CHAPTER:
POWAY, CA

by Fred Rible

I was ecstatic, for my first chapter meeting was finally going to take place on 15 October 2011. It had been seven months since I'd attended my first LCN Retreat at the urging of a dear TMI friend and LCN member, Pam Boyer. I'd been interested in having a chapter, but time seemed to be a problem as I was working in a very challenging and time-consuming job for the US Naval Air Forces. Meeting several of the Chapter Leaders soon changed my mind and the retreat became the catalyst that started the ball rolling. Including my wife, Shirley, twelve attendees were expected. Only three of those had been to a TMI residential program.

Could I make them understand my passion and the reason I decided to form this group? What was I going to say? It had been over 14 years since I'd attended my first Gateway Voyage and 15 years before that when I'd began meditating in earnest. It was about that time, in early 1983, that I had come face-to face with "Journeys out of the Body" in a San Diego bookstore and soon read it cover-to-cover, twice! "Far Journeys" soon followed. By June 1997, I'd been meditating for some time with some profound results, so my expectations were fairly high when I began my Gateway Voyage. However, frustration soon set in as I didn't seem to be getting very much out of the program. That soon changed, and by Monday afternoon I'd realized how subtle the changes to my experiences were due to the HemiSync®. It was like appreciating the finer details of all I'd perceived, as going from seeing just a baseball to appreciating the ball's essence and finer points; the cowhide, the color and nature of the stitching, texture, etc.

By Tuesday I'd realized that all the peripheral "interference" in my meditation sessions were other meditating program participants. Wow! Amazing! The biggest gift of all was on Tuesday afternoon when I'd encountered my son, Jason, whose demise as an infant in 1984 had been such an emotional blow to me. Such a gift of pure unfiltered Love!

My Gateway experience was the source of my passion for the LCN. I began telling the twelve participants this story, the significance of the group energy and my special gift from Jason. As I spoke of Jason, I suddenly realized that today, 15 October 2011, would have been Jason's 27th birthday and it brought me to tears of joy to know that he was by my side on this special day.

The initial meeting was a resounding success! I recruited Mary Giovaniello, a Gateway graduate, to be my assistant. The three other TMI people spoke about their Gateway experiences and we all decided on the meeting format that we still use today with slight modifications. We meet approximately once a month on Saturday afternoons from 1:00 to about 3:30. There are usually two meditation exercises and sometimes one, depending on the theme chosen for the day. We have a setup and debrief for each exercise to give participants time to share their experiences and time is allotted for mingling and snacks after each exercise.

We also established a chapter lending library which now contains 80 HemiSync® and SAM exercise CDs.

A $5.00 voluntary donation per meeting subsidizes the library and provides for community headphones to lend and extra Rockstar splitters and cables for the four laptops we use for the meeting meditation exercises. This gives us the ability to handle up to 24 participants spread throughout our living room, dining room and family room.

In September we added a Circle of Intention and Healing to begin each meeting as an affirmation to work for the highest good of each member and send out healing intentions for those in need.

I try to bring my passion into all the chapter meetings as well as the planning and preparation. First and foremost, members are reminded monthly that; Our Purpose is to explore the Unlimited Potential of Human Consciousness and to Remember this is all about enhancing our own spiritual growth, using our group energy as a catalyst and having fun in the process. There are currently 60 people on our email list of participants from my spiritualist church, healing touch network, word-of-mouth and TMI referrals. Attendance averages about 10 per month. I prepare an email to announce each meeting with an overall theme and agenda for the day. Each meeting revolves around a central theme that I try to tie to a TMI residential program or a modality that has spiritual significance. I briefly describe each meditation CD and the narrator, if known.

Recent themes have included the ***Lifelines*** program where we viewed the television program from The UneXplained and discussed soul retrievals and a Healing Energy meeting where we performed demonstrations of Healing Touch and other energy modalities. Our December 29th

meeting will showcase the New Year's Program with meditation exercises ***Transcendence*** – (Mark Certo) and ***Life Path Journey*** from ***Inner States*** (Patty Ray Avalon).

A really big hit was the Guidelines theme we did in June. Sometime earlier Shirley found her Guidelines letter and marveled over its depth and content. I found my Guidelines letter and we were both brought to tears while reading them to each other. This exchange became the inspiration for our Guidelines Themed meeting. I used Lee Stone's Connecting with your Inner Guides for the meditation exercise, we observed silent time and wrote letters in our higher states, which I collected in envelopes and mailed 3 weeks later to the authors.

Shirley has been such a supporter in preparing each Saturday for the meetings and arrangements for hot teas and bottled water that we furnish each meeting plus getting our home ready for everyone. Mary is my back-up and sounding board, who periodically comes up with suggestions to fill the holes and enhance the group experience. It continues to be a labor of Love for us all!

Fred & Shirley Rible